

4歲以上	親子共讀
8歲以上	自己閱讀

電子檔下載

聖嚴法師 108 自在語——心靈繪本

聖嚴法師 108 自在語 (心靈繪本)
108 Adages of Wisdom Master Sheng Yen — Picture book for mind

提昇人的品質 建設人間淨土
To uplift the character of humanity and build a pure land on earth.



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自在生活 Y·米·力 2



自在生活
Y·米·力²
Easy live A-mi-lie



* 自在語 2-1 * Adages of Wisdom 2-1

每一個孩子，都是幫助父母成長的小菩薩。
Every child is a little bodhisattva that helps the parents grow.

* 自在語 2-2 * Adages of Wisdom 2-2

任何事如果把自己放進去，就有問題、麻煩。除掉主觀的自我得失，就得到解脫了。
Meddle in everything, problems and trouble multiply. Cast off gain and loss, you will experience liberation.

* 自在語 2-3 * Adages of Wisdom 2-3

心中有阻礙時，眼中世界皆不平；心中無困擾時，眼前世界都美好。
When there is hindrance in the mind, the world is jarring; when there is no trouble in the mind, the world is in bright harmony.

來自「卡拉星」的外星人「丫力」
與地球人小孩「米粒」一家人
生活在一起已經有一段時間，
也漸漸瞭解地球人複雜的情緒……。

The alien Alex from the Planet Kara has lived with the earthling
"Millie" and her family for a period of time.
He has also gradually obtained greater knowledge
of the complicated emotions of the inhabitants of Earth.



* 自在語 2-1 *

每一個孩子，都是幫助父母成長的小菩薩。

Adages of Wisdom 2-1

Every child is a little bodhisattva that helps the parents grow.



「妳這個孩子，怎麼這麼麻煩？！」公園裡，
一個媽媽對著賴在地上哭鬧的孩子說著…

In the park, a mother tells a child throwing a tantrum on the ground.
"How could you be such a troublesome child?"

一、旁的米粒聽到，也跟著問媽媽：
「媽咪，我是不是一個麻煩的小孩？！」

"Mommy, am I a troublesome child?" said Millie who was in the vicinity and couldn't help overhearing the conversation.



米粒媽媽：「嗯！讓媽咪想想看…」

"Hmmm! Let Mommy think about it..." said Millie's mother.





「媽_{ㄇㄚˊ}媽_{ㄇㄚˊ}也_ㄟ是_ㄟ生_ㄟ了_ㄟ妳_{ㄣㄩˇ}才_{ㄘㄞˊ}開_{ㄎㄞˊ}始_{ㄕㄞˊ}學_{ㄒㄩㄝˊ}習_{ㄒㄩˊ}當_{ㄉㄨㄥˊ}媽_{ㄇㄚˊ}媽_{ㄇㄚˊ}的_{ㄉㄜˊ}。」

米_{ㄇㄧˊ}粒_{ㄌㄧˊ}媽_{ㄇㄚˊ}媽_{ㄇㄚˊ}想_{ㄒㄩㄥˊ}到_{ㄉㄠˊ}剛_{ㄍㄠˊ}出_{ㄘㄞˊ}生_ㄟ的_{ㄉㄜˊ}小_{ㄒㄩㄥˊ}米_{ㄇㄧˊ}粒_{ㄌㄧˊ}。

「每_{ㄇㄟˊ}次_{ㄘㄞˊ}妳_{ㄣㄩˇ}大_{ㄉㄚˊ}哭_{ㄘㄩˊ}，媽_{ㄇㄚˊ}媽_{ㄇㄚˊ}就_{ㄕㄞˊ}好_{ㄏㄞˊ}緊_{ㄐㄞˊ}張_{ㄗㄞˊ}，妳_{ㄣㄩˇ}笑_{ㄒㄩㄥˊ}的_{ㄉㄜˊ}太_{ㄘㄞˊ}大_{ㄉㄚˊ}聲_{ㄕㄞˊ}，媽_{ㄇㄚˊ}媽_{ㄇㄚˊ}也_ㄟ會_ㄟ擔_{ㄉㄢˊ}心_{ㄘㄞˊ}妳_{ㄣㄩˇ}噎_{ㄣㄩˊ}到_{ㄉㄠˊ}。」

"Mommy only started to learn the art of being a mother after giving birth to you."

And Millie's mother had a flashback to when Millie was newborn.

"Every time you cried, Mommy felt extremely stressed,
and every time you laughed too loudly, Mommy worried you might choke."



「妳還不會說話的時候，媽媽隨時都看得著妳，
想妳到底要什麼？」
「但有時候，也會猜錯。」

"When you still couldn't speak to me,
Mommy had to study your every move trying to guess what you really wanted."
"But of course, I would, regardless of my dedication, sometimes guess wrong..."

「當妳跌倒，媽媽一定在旁邊陪著妳，
哄著妳繼續往前走。」

"When you tripped and fell down, Mommy would be standing beside you,
encouraging you to continue walking."





「當妳可以_ㄟ吃_ㄟ其_ㄟ他_ㄟ食_ㄟ物_ㄟ， 媽_ㄩ媽_ㄩ整_ㄟ天_ㄟ總_ㄟ是_ㄟ想_ㄟ著_ㄟ，
該_ㄟ做_ㄟ什_ㄟ麼_ㄟ給_ㄟ妳_ㄟ吃_ㄟ。」

"When you started eating whole foods,
Mommy would think all day about what to prepare for you."

「尤其妳開始學講話的時候，
一天到晚總是問東問西，
媽媽被妳問得都快昏倒了！」
「對呀！我還記得，媽媽也會叫我
去問爸爸！」
米粒拉高聲調對著媽媽眨眨眼撒嬌。

"Especially when you started to talk in a coherent manner,
you always asked about the things around you,
and Mommy almost fainted due to the constant bombardment of questions."
"Yes! I still remember, Mommy would tell me to ask Daddy!"
Millie said with high-pitched voice and winked at her mother.





「是呀！小時候妳總有_ㄟ用_ㄟ不_ㄟ完_ㄟ的_ㄟ精_ㄟ力_ㄟ。
爸_ㄟ爸_ㄟ常_ㄟ說_ㄟ自_ㄟ己_ㄟ是_ㄟSuperman，媽_ㄟ媽_ㄟ是_ㄟSuperwoman，
而_ㄟ妳_ㄟ就_ㄟ是_ㄟ天_ㄟ空_ㄟ中_ㄟ最_ㄟ亮_ㄟ的_ㄟSuperstar。」

"Yes! When you were young, you had seemingly inexhaustible reserves of energy.
Daddy always said he was superman, Mommy was superwoman,
and you were the brightest superstar."

「媽ㄇ咪ㄇ，我ㄟ是ㄟ不ㄟ是ㄟ一ㄟ個ㄟ很ㄟ麻ㄟ煩ㄟ的ㄟ小ㄟ孩ㄟ？ 」

米ㄇ粒ㄇ又ㄟ問ㄟ了ㄟ一ㄟ次ㄟ。

「不ㄟ過ㄟ，有ㄟ一ㄟ次ㄟ妳ㄟ卻ㄟ做ㄟ了ㄟ一ㄟ件ㄟ

讓ㄟ爸ㄟ爸ㄟ媽ㄟ媽ㄟ很ㄟ開ㄟ心ㄟ的ㄟ事ㄟ喔ㄟ！ 」

米ㄇ粒ㄇ媽ㄟ媽ㄟ故ㄟ意ㄟ對ㄟ米ㄇ粒ㄇ詭ㄟ異ㄟ的ㄟ皺ㄟ皺ㄟ鼻ㄟ子ㄟ。

「有ㄟ一ㄟ次ㄟ，妳ㄟ突ㄟ然ㄟ嚷ㄟ著ㄟ要ㄟ幫ㄟ大ㄟ家ㄟ盛ㄟ飯ㄟ，

雖ㄟ然ㄟ弄ㄟ了ㄟ滿ㄟ桌ㄟ子ㄟ的ㄟ飯ㄟ粒ㄟ，

但ㄟ爸ㄟ爸ㄟ媽ㄟ媽ㄟ卻ㄟ很ㄟ高ㄟ興ㄟ妳ㄟ長ㄟ大ㄟ了ㄟ。 」

"Mommy, am I a troublesome child?" Millie asked again.

"You once did something that made Mommy and Daddy both very happy!"

said Millie's mother who wrinkled her nose uncannily at Millie.

"Once, you volunteered to distribute rice for everybody,

and though you practically covered the entire table with rice grain,

Mommy and Daddy were overjoyed to see you finally growing up."



米_ㄇ粒_ㄌ又_ㄟ再_ㄟ問_ㄇ了_ㄌ一_ㄟ次_ㄌ：

「媽_ㄇ咪_ㄇ，那_ㄌ我_ㄌ是_ㄆ不_ㄌ是_ㄆ一_ㄟ個_ㄌ很_ㄌ麻_ㄇ煩_ㄌ的_ㄌ小_ㄌ孩_ㄌ？」

「妳_ㄌ一_ㄟ點_ㄌ也_ㄌ不_ㄌ麻_ㄇ煩_ㄌ，

妳_ㄌ永_ㄌ遠_ㄌ是_ㄆ爸_ㄌ爸_ㄌ、媽_ㄇ媽_ㄌ心_ㄌ中_ㄌ的_ㄌ小_ㄌ菩_ㄌ薩_ㄌ。」

米_ㄇ粒_ㄌ媽_ㄇ媽_ㄌ溫_ㄌ柔_ㄌ的_ㄌ回_ㄌ應_ㄌ米_ㄇ粒_ㄌ。

Millie asked again. "Mommy, am I a troublesome child?"

"You are not troublesome at all.

You will always be in Mommy and Daddy's heart as a little bodhisattva."

Millie's mother soothingly replied.



暮^{ㄇㄨˋ}色^{ㄙㄜˋ}裡^{ㄌㄩˇ}， 徐^{ㄒㄩˊ}徐^{ㄒㄩˊ}微^{ㄨㄟ}風^{ㄈㄥ}隱^{ㄩㄣˇ}約^{ㄩㄛˋ}傳^{ㄊㄨㄢˊ}來^{ㄌㄞˊ}柔^{ㄖㄡˊ}柔^{ㄖㄡˊ}的^{ㄉㄇˋ}聲^{ㄕㄨㄥ}音^{ㄩㄣ}：

「 謝^{ㄒㄩㄝˋ}謝^{ㄒㄩㄝˋ}妳^{ㄋㄩˇ}， 米^{ㄇㄧˊ}粒^{ㄌㄧˊ}。 」

「 謝^{ㄒㄩㄝˋ}謝^{ㄒㄩㄝˋ}妳^{ㄋㄩˇ}， 媽^{ㄇㄚˊ}咪^{ㄇㄧˊ}。 」

「 卡^{ㄎㄚˊ}啦^{ㄌㄚˊ}卡^{ㄎㄚˊ}啦^{ㄌㄚˊ}， 謝^{ㄒㄩㄝˋ}謝^{ㄒㄩㄝˋ}妳^{ㄋㄩˇ}， 媽^{ㄇㄚˊ}咪^{ㄇㄧˊ}。 」

As dusk fell, masked by a light breeze, came the soft sounds

"Thank you, Millie"

"Thank you, Mommy"

"Clah, Clah, thank you, Mommy."





卡_ㄘ啦_ㄌ 卡_ㄘ啦_ㄌ： 我_ㄉ懂_ㄉ了_ㄌ # * >

「 米_ㄇ粒_ㄌ媽_ㄇ媽_ㄇ愛_ㄉ米_ㄇ粒_ㄌ， 一_ㄟ點_ㄌ也_ㄟ不_ㄟ怕_ㄌ累_ㄌ！ 」

「 卡_ㄘ啦_ㄌ 卡_ㄘ啦_ㄌ； 米_ㄇ粒_ㄌ是_ㄉ媽_ㄇ咪_ㄇ的_ㄌ小_ㄟ菩_ㄌ薩_ㄌ，
米_ㄇ粒_ㄌ讓_ㄉ媽_ㄇ咪_ㄇ變_ㄌ成_ㄌ了_ㄌSuperwoman！ 」

Clah Clah, I got it !

"Millie's mother loves Millie and does not remotely mind exhaustion."

"Clah Clah, Millie is Mommy's little bodhisattva,
and Millie transformed Mommy into a Superwoman!"

每一個孩子，都是幫助父母成長的小菩薩。

—故事分享導讀

孩子是父母心中永遠的寶，從出生到長大，即使不輕鬆仍是無怨無悔。

爸爸媽媽的情緒與心境難免受到環境的波及，如果面對每一個當下，

不論是好是壞都能心存感激，即使是苦、到頭回味也會甘；

就如故事中媽媽在與米粒重溫往日歲月的點滴中，看著米粒的成長，也看到了自己的成長，

同時在教養孩子的甜蜜負擔中，找到了最美好的詮釋-「小菩薩」。

Every child is a little bodhisattva that helps the parents grow.

-Introductory

Within parents' heart, children are eternally jewels. From birth to adulthood, regardless of expenditure of energy,

parents do not regret in any context. However, Fathers' and Mothers' moods and feelings

can still be affected by their surroundings. If in any event, despite fluctuations of the circumstances,

and even in times of pain and suffering, they can maintain a thankful outlook, then,

looking back on the memories, happiness will prevail.

Akin to the story, Mother and Millie reminisce about the past. Looking back at Millie's maturation and seeing

Mother's own growth, they simultaneously find within, the sweet burden of raising a child

and the best definition of "a little bodhisattva".

* 自在語 2-2 *

任何事如果把自己放進去，就有問題、麻煩。
除掉主觀的自我得失，就得解脫了。

Adages of Wisdom 2-2

Meddle in everything, problems and trouble multiply.

Cast off gain and loss, you will experience liberation.



● 這一天，米粒仍然和好朋友安在操場一起玩...

One day, Millie was busy playing with her friend Ann in the playground...

「妳是全世界上，我最最好的朋友。」
安邊玩邊對著米粒說。

"You are my best friend in the world" said Ann as she played with Millie.





「米_ㄇ粒_ㄌ，這_ㄗ是_ㄟ新_ㄣ來_ㄌ的_ㄟ同_ㄣ學_ㄌ吉_ㄣ露_ㄌ，她_ㄗ要_ㄟ坐_ㄟ妳_ㄣ旁_ㄌ邊_ㄌ。
妳_ㄣ要_ㄟ幫_ㄌ老_ㄌ師_ㄌ照_ㄗ顧_ㄌ吉_ㄣ露_ㄌ喔_ㄛ！」
老_ㄌ師_ㄌ向_ㄣ前_ㄌ走_ㄌ來_ㄌ，並_ㄌ對_ㄌ著_ㄗ米_ㄇ粒_ㄌ招_ㄗ手_ㄌ說_ㄌ。

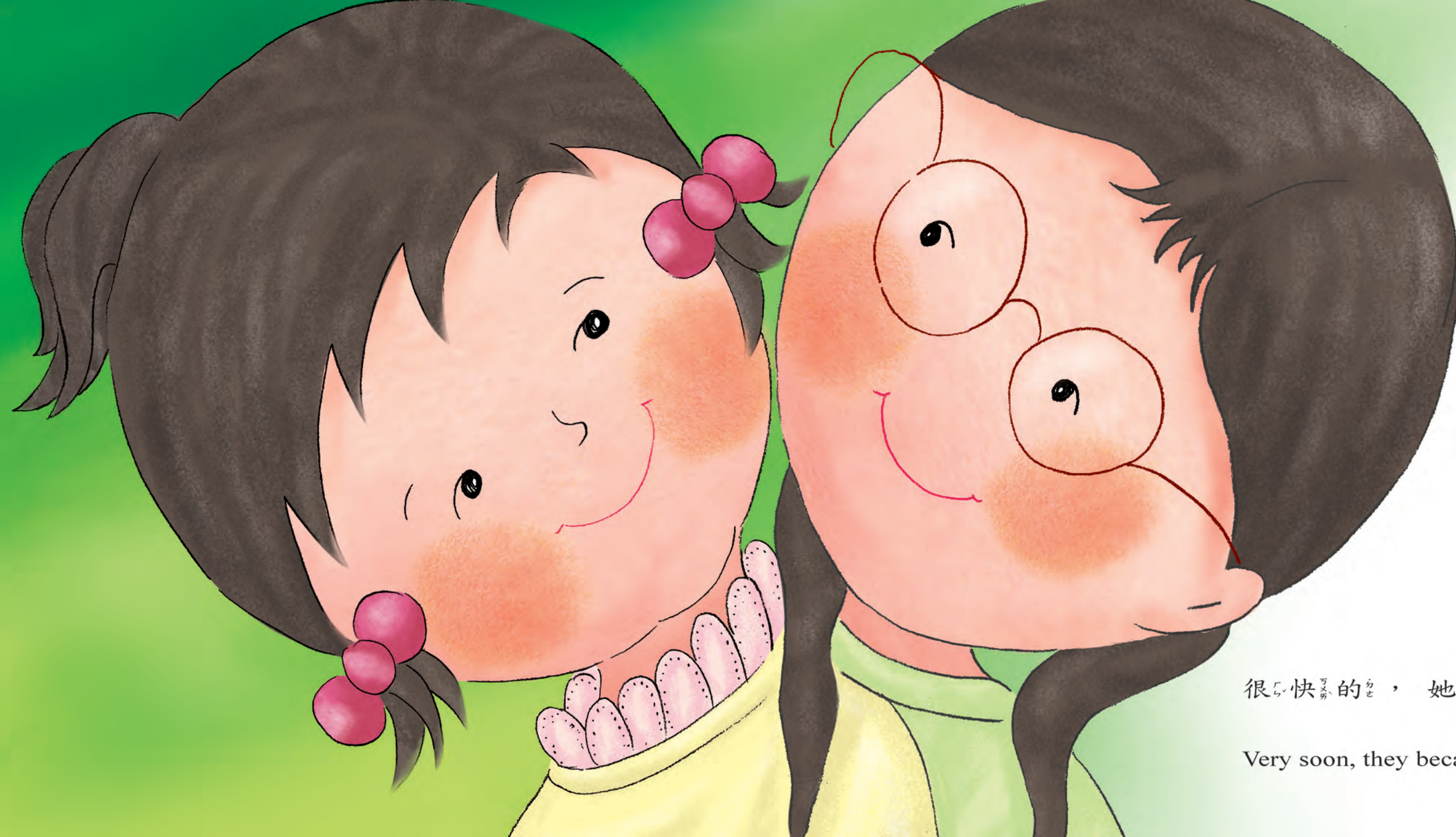
"Millie, this is the new student, Jill. She will sit beside you.
Will you help me to look after her?"
Asked Millie's teacher as she walked forward and
waved towards Millie.





不_レ管_レ上_レ課_ヲ或_レ下_レ課_ヲ， 米_リ粒_カ都_カ很_ラ熱_セ心_ヲ的_カ帶_カ著_セ吉_リ露_カ。

Regardless of whether it was during class or recess,
Millie always enthusiastically helped Jill and showed her around.



很_レ快_ヲ的_カ， 她_タ們_レ也_セ變_ワ成_イ了_セ好_レ朋_ト友_ニ。

Very soon, they became great friends.

有一天下午，
米粒等著媽媽接她回家，
看到安很生氣的就跑到面前。

One afternoon,
as Millie waited for her mother to take her home,
Ann stormed in front of Millie...



「米粒，
我們以前都在一起玩的，
我不喜歡吉露，
也不喜歡妳跟她玩，
妳要選我
還是選她當好朋友？！」
安一說完，轉頭就跑走了。

"Millie, we used to play together,
I don't like Jill,
and I don't want you to play with her.
Who do you want to be your friend, me or her?"
Ann left in a huff after she stopped speaking.

米_ㄇ粒_ㄌ把_ㄅ剛_ㄍ才_ㄘ發_ㄈ生_ㄕ的_ㄉ事_ㄕ告_ㄍ訴_ㄕ了_ㄌ媽_ㄇ媽_ㄇ，
媽_ㄇ媽_ㄇ卻_ㄑ要_ㄞ米_ㄇ粒_ㄌ試_ㄕ著_ㄕ想_ㄒ一_ㄟ想_ㄒ：
「媽_ㄇ咪_ㄇ相_ㄒ信_ㄒ米_ㄇ粒_ㄌ會_ㄕ有_ㄕ辦_ㄅ法_ㄈ的_ㄉ。」

Millie retold what just happened to her Mommy,
but Mommy wanted Millie to think about it.
"Mommy believes in your ability to deal with the problem."



晚^ス餐^チ時^ア，

米^コ粒^カ看^マ到^カ餐^チ桌^シ上^ヘ都^カ是^ハ自^ワ己^リ喜^ツ歡^ス吃^キ的^カ菜^チ，

卻^ク呆^カ坐^マ在^ア那^コ， 口^カ中^ニ喃^ナ喃^ナ的^カ唸^ナ著^セ：

「 媽^マ咪^ミ， 我^ワ到^カ底^ニ要^ハ吃^キ哪^{ナニ}一^ニ道^カ菜^チ呢^ニ？ ！ 」

During dinner,

Millie saw that the table was laden with all the dishes she loved the most,

but Millie just sat there and muttered "Mommy, what dish should I try first?"



想_{ㄒㄩㄥˋ}著_{ㄓㄨˋ}想_{ㄒㄩㄥˋ}著_{ㄓㄨˋ}， 媽_{ㄇㄚˊ}媽_{ㄇㄚˊ}突_{ㄊㄨˊ}然_{ㄖㄢˊ}告_ㄍ訴_{ㄙㄨˋ}米_{ㄇㄧˊ}粒_{ㄌㄧˊ}：
「 每_{ㄇㄟ}一_ㄟ道_{ㄉㄠˋ}菜_{ㄘㄞˋ}都_{ㄉㄨ}有_{ㄩˊ}不_{ㄨˊ}同_{ㄊㄨㄥˊ}的_{ㄉㄜ}營_{ㄩˊ}養_{ㄩˊ}，
米_{ㄇㄧˊ}粒_{ㄌㄧˊ}， 趕_{ㄍǎ}快_{ㄎㄞˋ}吃_ㄇ吧_{ㄅㄚˊ}！ 」

While Millie was contemplating this,
Mommy suddenly told Millie
"Every dish has its own different nutrients, so Millie, please start eating!"





另_カ一_ハ天_チ下_ノ午_ノ午_ノ， 米_コ粒_カ也_セ正_ニ在_ニ等_カ媽_ノ媽_ノ，
又_マ看_テ到_ル安_ヲ踱_カ步_ヲ走_リ了_セ過_シ來_カ，
對_シ著_セ米_コ粒_カ說_フ： 「 米_コ粒_カ， 妳_ニ還_ハ沒_レ有_マ告_ス訴_ス我_ニ，
妳_ニ到_ル底_ニ要_ス選_ブ我_ニ還_ハ是_ハ選_ブ她_ニ？ ！ 」

On another afternoon, while Millie was waiting for her mother,
she saw Ann stomping towards her again.

"Millie, you still haven't told me, are you going to choose me or her?"



丫 力_カ隨_ス口_ス回_ス了_セ一_ハ句_ハ：
「 卡_カ啦_ラ卡_カ啦_ラ， 選_ト吉_ジ露_カ、 選_ト吉_ジ露_カ，
安_ア好_ハ兇_ト喔_セ！ 」

Alex replied "Clah! Clah! choose Jill,
choose Jill, Ann is so mean!"

這時，米粒告訴安說：

「如果我選妳，我們都只會有一個朋友。」

At that moment, Millie told Ann "If I choose you, we will have only one friend."



「如果大家一起玩，
我們就會有很多很多的好朋友。」

"If we play together, we will have lots and lots of friends."

安：「但是，我就是不喜歡吉露。」
米粒：「安安，為什麼妳會不喜歡她呢？
妳都沒和吉露說過話。」

Ann answered "But I just don't like Jill." Millie said
"Ann, why don't you like her? You haven't even spoken to her."



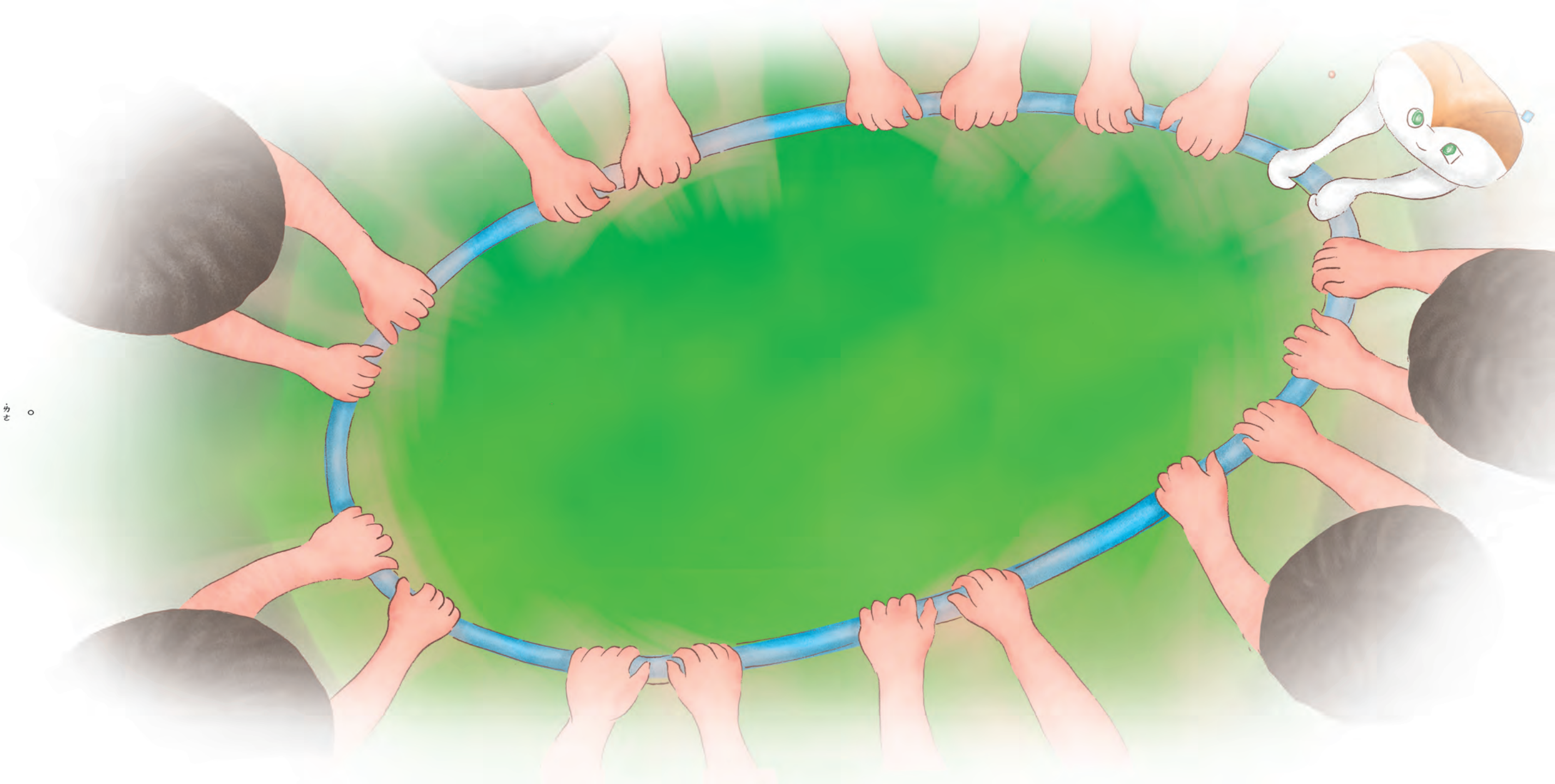
隔_{ㄍㄝˊ}天_{ㄊㄢˊ}早_{ㄗㄞˊ}上_{ㄕㄞˊ}，米_{ㄇㄧˊ}粒_{ㄌㄧˊ}遲_{ㄇㄞˊ}到_{ㄉㄠˊ}，
一_ㄟ進_{ㄉㄧㄣˊ}教_{ㄐㄧㄠˊ}室_{ㄕㄨㄟˊ}卻_{ㄑㄩㄝˊ}看_{ㄎㄢˊ}到_{ㄉㄠˊ}安_ㄢ在_{ㄗㄞˊ}自_{ㄗㄧˊ}己_{ㄐㄧˊ}的_{ㄉㄜˊ}位_{ㄨㄟˊ}置_{ㄗㄞˊ}上_{ㄕㄞˊ}，
和_{ㄏㄜˊ}吉_{ㄐㄧˊ}露_{ㄌㄨˊ}高_{ㄍㄞˊ}興_{ㄒㄩㄥˊ}的_{ㄉㄜˊ}玩_{ㄨㄢˊ}著_{ㄗㄞˊ}，
當_{ㄉㄤˊ}安_ㄢ看_{ㄎㄢˊ}到_{ㄉㄠˊ}米_{ㄇㄧˊ}粒_{ㄌㄧˊ}，
也_ㄟ調_{ㄊㄠˊ}皮_{ㄆㄧˊ}的_{ㄉㄜˊ}對_{ㄉㄞˊ}米_{ㄇㄧˊ}粒_{ㄌㄧˊ}伸_{ㄕㄢˊ}伸_{ㄕㄢˊ}舌_{ㄕㄜˊ}頭_{ㄊㄠˊ}。

Next morning, Millie was late.
But when she entered the classroom,
she saw Ann was in her seat and playing happily with Jill.
When Ann saw Millie,
she playfully stuck out her tongue at Millie.



這_せ時_じ候_う， 米_こ粒_{つぶ}知_し道_{みち}，
大_お家_や又_{また}多_{おほ}了_え一_{ひと}位_り好_よ朋_{とも}友_り了_え。

Millie knew at that moment,
everybody had a new good friend.



卡_カ啦_ラ 卡_カ啦_ラ； 我_ワ懂_ク了_レ # * >

「把_カ自_ジ己_コ關_カ在_カ小_コ圈_{クワ}圈_{クワ}，
就_カ不_カ會_カ有_カ更_カ多_カ好_カ朋_カ友_カ。」

「卡_カ啦_ラ 卡_カ啦_ラ； 沒_カ有_カ圈_{クワ}圈_{クワ}，
就_カ有_カ朋_カ友_カ。」

Clah Clah, I got it !

"I comprehend! Enclosing oneself within a miniscule circle
will deny you more friends."

"Clah Clah, No prison of the mind leads to friends."



任何事如果把自己放進去，就有問題、麻煩。

除掉主觀的自我得失，就得解脫了。

—故事分享導讀

故事的緣起來自舊團體中加入了新的成員，結果引發新舊友誼間的變化。

孩子在經歷類似的過程中，難免都會落入得失心的困擾，如果能放掉自我，
敞開心胸，自然能走出心中的小圈圈。

Meddle in everything, problems and trouble multiply.

Cast off gain and loss, you will experience liberation.

-Introductory

This story originated from the addition of a new member into an old group,
and thus invokes a change in the fabric of friendship.

When children experience situations like these,
they invariably fall into the pit of being obsessed about gaining and losing.

If possible, release oneself, and open up one's soul,
then one can naturally leave the prison of the mind.

* 自在語 2-3 *

心中^{心の中}有^有阻礙^{阻礙}時^時，眼^眼中^中的^の世^世界^界皆^皆不^不平^平；
心中^{心の中}無^無困^困擾^擾時^時，眼^眼前^前的^の世^世界^界都^都美^美好^好。

Adages of Wisdom 2-3

When there is hindrance in the mind, the world is jarring;
when there is no trouble in the mind, the world is in bright harmony.



● 放^放學^學了^了，米^米粒^粒的^の爸^爸爸^爸興^興沖^沖沖^沖進^進到^到教^教室^室，
準^準備^備接^接米^米粒^粒回^回家^家...

After school, Millie's father enthusiastically ran to the classroom,
preparing to pick up Millie.



看到黑板上貼著一張張孩子的塗鴉畫，
其中一張特別引起米粒爸爸的注意，
米粒爸爸正想著，這是哪個孩子畫的，
怎麼到處亂成一團，看都看不懂。

Daddy saw a blackboard filled with pictures of children's scribbles,
one picture among them especially peaked Daddy's interest,
for it was filled with a cloud of lines which were impossible to decipher.
Daddy wondered who drew it...



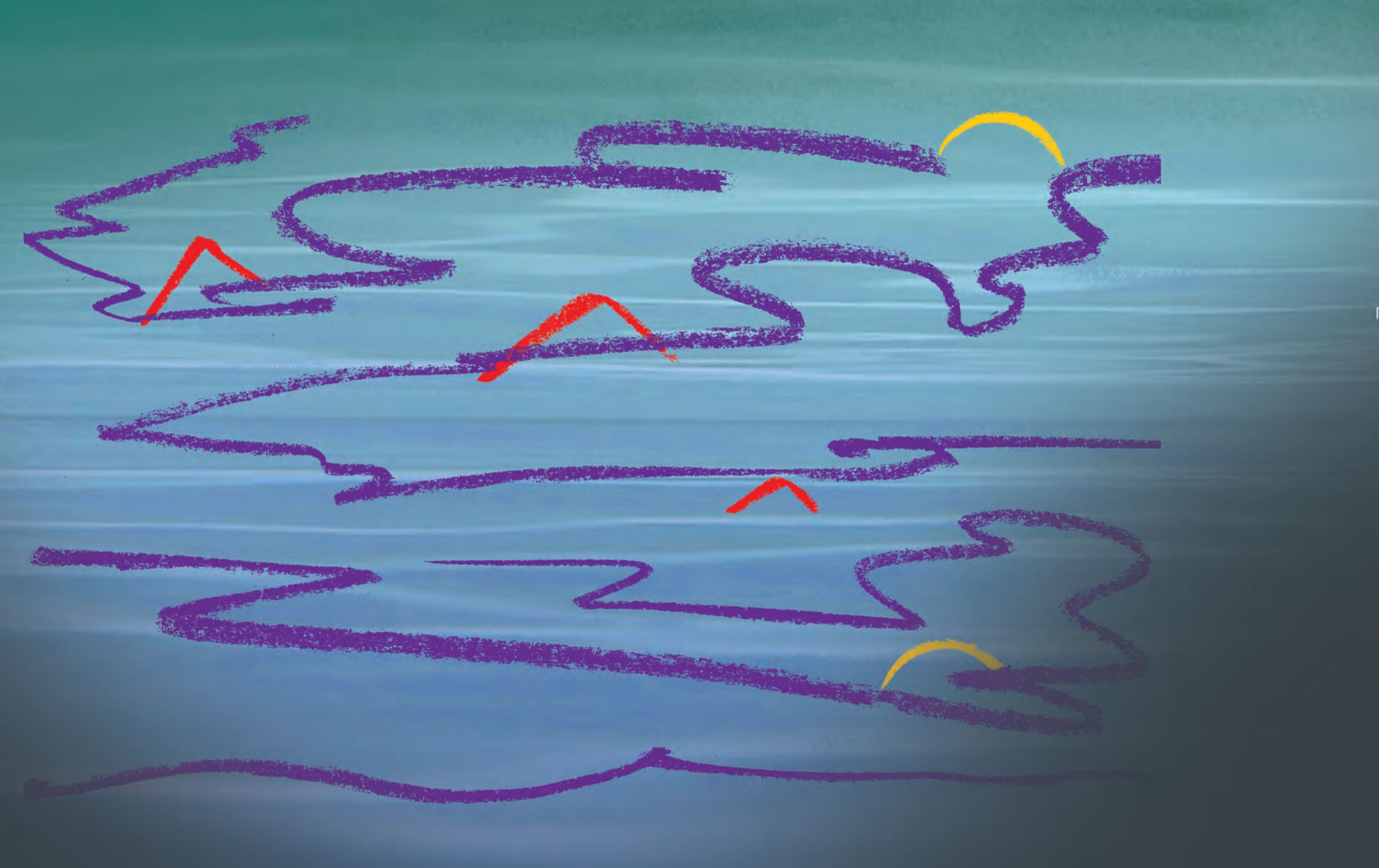
看到米粒爸爸專注的樣子，
老師也好奇的走了過來，
微笑著告訴米粒爸爸：
「這張是米粒畫的。」
只見米粒爸爸臉色頓時一陣泛紅，
不好意思的微微低下頭……。

Seeing Daddy seemingly in a trance, the teacher curiously,
wandered over, smiled lightly and told Millie's Daddy,
"This painting was done by Millie."
The cheeks of Millie's father glowed red
and he lowered his head in embarrassment.

「爸_{ㄅㄚˊ}比_{ㄅㄧˊ}，妳_{ㄣㄩˇ}看_{ㄎㄢˋ}，這_{ㄓㄜˋ}是_{ㄕㄨˋ}我_{ㄨㄛˊ}畫_{ㄏㄨㄚˋ}的_{ㄉㄜˊ}！」
米_{ㄇㄧˊ}粒_{ㄌㄧˊ}看_{ㄎㄢˋ}見_{ㄐㄧㄢˋ}爸_{ㄅㄚˊ}爸_{ㄅㄚˊ}正_{ㄓㄥˊ}在_{ㄗㄞˋ}看_{ㄎㄢˋ}自_{ㄗㄧˊ}己_{ㄐㄧˊ}的_{ㄉㄜˊ}畫_{ㄏㄨㄚˋ}，
得_{ㄉㄜˊ}意_{ㄧˋ}的_{ㄉㄜˊ}飛_{ㄈㄟˊ}奔_{ㄅㄣˊ}到_{ㄉㄠˋ}黑_{ㄏㄟˊ}板_{ㄅㄢˊ}前_{ㄑㄩㄢˊ}大_{ㄉㄚˊ}聲_{ㄕㄨㄥˊ}嚷_{ㄖㄨㄥˊ}著_{ㄓㄜˋ}。
這_{ㄓㄜˋ}時_{ㄕㄨˊ}候_{ㄏㄟˊ}，米_{ㄇㄧˊ}粒_{ㄌㄧˊ}爸_{ㄅㄚˊ}爸_{ㄅㄚˊ}卻_{ㄑㄩˋ}怕_{ㄆㄚˊ}米_{ㄇㄧˊ}粒_{ㄌㄧˊ}的_{ㄉㄜˊ}叫_{ㄐㄧㄢˋ}聲_{ㄕㄨㄥˊ}，
驚_{ㄐㄧㄥˊ}動_{ㄉㄨㄥˊ}其_{ㄑㄧˊ}他_{ㄏㄜˊ}家_{ㄐㄚˊ}長_{ㄓㄨㄥˊ}往_{ㄨㄤˊ}這_{ㄓㄜˋ}兒_{ㄦˊ}看_{ㄎㄢˋ}，
反_{ㄈㄢˊ}而_{ㄦˊ}示_{ㄕㄨˋ}意_{ㄧˋ}要_{ㄩˋ}米_{ㄇㄧˊ}粒_{ㄌㄧˊ}小_{ㄒㄩㄢˊ}聲_{ㄕㄨㄥˊ}點_{ㄉㄜˊ}。

"Daddy, look at this, I did it myself." said Millie,
for she saw her father looking at her painting and
ran to the front of the blackboard yelling.
This time, Millie's father was afraid that Millie's shouts could attract
the attention of other parents and motioned for Millie to drop her voice.





米_ㄇ粒_ㄌ並_ㄨ沒_ㄇ有_ㄩ注_ㄓ意_ㄣ到_ㄌ爸_ㄅ爸_ㄅ的_ㄉ反_ㄆ應_ㄣ，
繼_ㄐ續_ㄩ開_ㄎ心_ㄣ的_ㄉ說_ㄆ著_ㄓ：

「爸_ㄅ比_ㄅ，那_ㄋ個_ㄍ三_ㄥ角_ㄓ形_ㄣ是_ㄞ大_ㄉ鯊_ㄆ魚_ㄩ的_ㄉ背_ㄅ，
他_ㄊ的_ㄉ身_ㄆ體_ㄣ在_ㄆ海_ㄆ裏_ㄣ面_ㄣ，所_ㄞ以_ㄣ看_ㄎ不_ㄣ見_ㄣ。
圓_ㄩ圓_ㄩ的_ㄉ那_ㄋ個_ㄍ是_ㄞ小_ㄣ烏_ㄨ龜_ㄍ的_ㄉ背_ㄅ，
她_ㄊ也_ㄣ在_ㄆ水_ㄍ裡_ㄣ面_ㄣ游_ㄩ泳_ㄣ，所_ㄞ以_ㄣ腳_ㄐ也_ㄣ看_ㄎ不_ㄣ見_ㄣ。」

But Millie didn't notice her father's reaction and said happily,
"Daddy, that triangle is a shark's fin as the body is submerged under water
and thus invisible.
That circle is a turtle's back as she is in the water swimming,
so the limbs can't be seen."

老師聽了突然大笑：

「我也看了好久，

現在才知道原來米粒想的，

比我們看到的還多呢！」

「原來米粒也是很有想法的喔！」

米粒爸爸在了解了米粒的純真後，

臉上的表情也跟著顯露出自信。

The teacher started laughing uproariously and said

"I studied the painting for a long time, but now I finally know what Millie thought was much more complex than we saw."

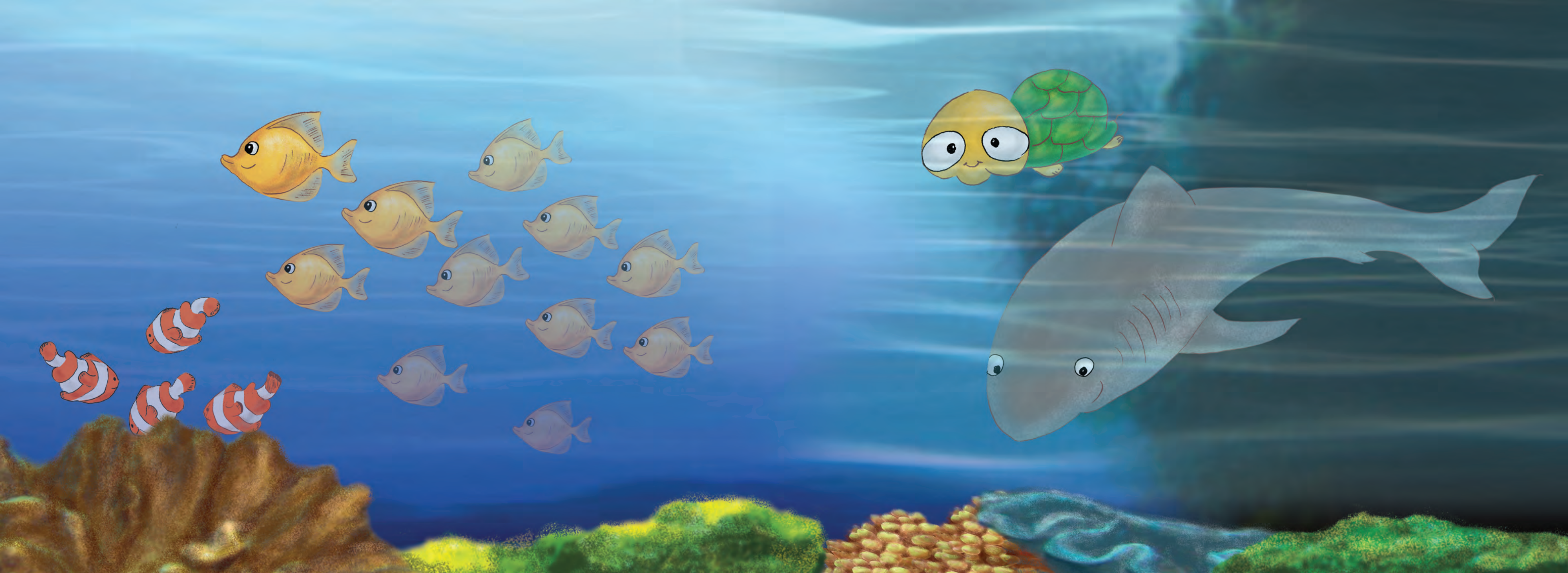
"So Millie can think outside the box!" After Millie's father understood Millie's innocence, his facial expressions relaxed to show confidence.





「好可愛，米粒真的好可愛！」
只見米粒爸爸和丫力邊看著黑板邊笑著，
燦爛的笑容中似乎也看到了什麼…。

"Cute! Millie is so cute!" Millie's father and Alex
smiled as they looked at the blackboard and
in their radiant smiles one could almost
see something...



卡啦啦卡啦啦：我懂了！# * >

「卡啦啦卡啦啦；很多想像力，
很多都很有趣！」

Clah Clah, I got it !

"Clah Clah, with imagination, everything is full of surprises."



心中有阻礙時，眼中的世界皆不平；心中無困擾時，眼前的世界都美好。

—故事分享導讀

隨著我們的年紀愈大，想像力就愈來愈少，孩子們天馬行空的想像世界，往往是內心最直覺的力量，如果大人們常常用自己目前的經驗去揣度孩子，除了扼殺孩子豐富的創造力，也相對讓自己產生困擾，這個故事分享給爸爸媽媽們，用心傾聽孩子的想像世界，也就開闢了自己的世界。

When there is hindrance in the mind, the world is jarring;
when there is no trouble in the mind, the world is in bright harmony.

-Introductory

As we age, the spring of our imagination slowly dribbles away.

Children's worlds of wild imagination are often the most innate force of the mind.

If adults try to utilize their current amounts of experience to understand children, not only could it confine and destroy children's rich imagination,

it could also induce difficulties onto the adult in question.

This story shares with parents the wisdom of partaking in an imaginary children's world, and in doing so, opens up huge tracts of hitherto undiscovered parts of their world.

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◎ 聖嚴教育基金會簡介

財團法人聖嚴教育基金會（以下簡稱本會）

於2006年1月18日，由教育部核准成立。

本會以推廣聖嚴法師所倡「提昇人的品質，建設人間淨土」之思想理念來淨化人心、淨化社會的教育事業為宗旨。

所以本會是以推廣、弘傳聖嚴法師的思想與理念。

聖嚴法師的思想理念，著眼於人間淨土的闡揚實現，其一生均致力於將佛法融入現代人的生活，以佛法來提昇現代人的生活與品質。

希望宗教界、學術界及有興趣、有願心的人士均能加入此方面的探討、研究及實踐。

● 本會依此宗旨，推動下列相關工作：

- 一、主要是對聖嚴法師之平面書刊、影音資訊等各種之著作文獻文物，蒐集、整理、研究、分層次、分類別、翻譯、編印、製作、發行、推廣、弘揚，贈送至全球各個社會層面，以期人類品質普遍提昇，處處可見人間淨土之實現。
- 二、次要則為獎助與聖嚴法師思想理念相契相同的佛教教育之推動、佛教學術之研究、佛教著作之出版，以及與淨化人心、淨化社會等相關之教育項目工作。

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